

# Alberta Back Care

pathway



## Do you experience low back pain?

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You may be eligible for enrolment in a unique care pathway run by the University of Alberta, offering evidence-based, no/low-cost planning and care for individuals experiencing low back pain.

The ABCp provides physicians with a common approach to coordinate, assess, and manage low back pain patients.

**Ask today about the Alberta Back  
Care pathway!**

# What should I expect?

If you would like to know more about the program, please sign an ABCp consent to contact form. The ABCp team at the University of Alberta will then contact you to see if you are eligible to participate. For some people with specific types of back pain, the ABCp may include access to the GLA:D Back program, an education and/or exercise program given in a small group setting, virtually or in-person.

## What does **GLA:D** entail? *Back Alberta*

The GLA:D® Back program is offered in part or full depending on eligibility. The full program consists of:

- An initial one on one assessment where we determine your starting level, discuss your goals
- 2 group education sessions about the back, pain, and what you can do yourself to help your back
- 16 guided group exercise classes, twice/week
- A final one on one visit where we test how much you have improved and discuss your ongoing plan
- Our team gathering information from you to learn more about back pain and how to make it better



For more information, ask your doctor or visit our website by scanning the QR code below.

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